



Ricotta Cheesecake with Fresh Berry Topping

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



283 kcal

DESSERT

Ingredients

- 1 pint blueberries fresh
- 4 large eggs
- 1 cup granulated sugar
- 2 tablespoons granulated sugar
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest grated
- 1 tablespoon powdered sugar
- 1 pint raspberries fresh

- 2 pounds ricotta cheese homemade
- 0.3 teaspoon salt
- 2 cups strawberries quartered
- 2 teaspoons vanilla extract

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- springform pan

Directions

- Preheat oven to 35
- To prepare cheesecake, place first 5 ingredients in a large bowl; beat with a mixer at medium speed 2 minutes or until smooth.
- Add eggs, 1 at a time, beating well after each addition.
- Pour batter into a 10-inch springform pan coated with cooking spray.
- Bake at 350 for 1 hour or until cheesecake center barely moves when pan is touched.
- Remove cheesecake from oven; run a knife around the outside edge of cheesecake. Cool slightly; remove outer ring from pan.
- Sprinkle cheesecake evenly with powdered sugar.
- To prepare topping, combine berries, 2 tablespoons granulated sugar, and juice; toss gently to combine.
- Let stand 5 minutes.
- Serve berry mixture with cheesecake.
- Garnish with mint sprigs, if desired.

Nutrition Facts



■ PROTEIN 15.91% ■ FAT 36.96% ■ CARBS 47.13%

Properties

Glycemic Index:22.77, Glycemic Load:16.66, Inflammation Score:-5, Nutrition Score:10.785652171011%

Flavonoids

Cyanidin: 21.79mg, Cyanidin: 21.79mg, Cyanidin: 21.79mg, Cyanidin: 21.79mg Petunidin: 12.58mg, Petunidin: 12.58mg, Petunidin: 12.58mg, Petunidin: 12.58mg Delphinidin: 14.57mg, Delphinidin: 14.57mg, Delphinidin: 14.57mg, Delphinidin: 14.57mg Malvidin: 26.71mg, Malvidin: 26.71mg, Malvidin: 26.71mg, Malvidin: 26.71mg Pelargonidin: 6.35mg, Pelargonidin: 6.35mg, Pelargonidin: 6.35mg, Pelargonidin: 6.35mg Peonidin: 8.06mg, Peonidin: 8.06mg, Peonidin: 8.06mg, Peonidin: 8.06mg Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 283.04kcal (14.15%), Fat: 11.92g (18.34%), Saturated Fat: 6.82g (42.6%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 30.2g (10.98%), Sugar: 26.55g (29.49%), Cholesterol: 100.56mg (33.52%), Sodium: 136.94mg (5.95%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 11.55g (23.1%), Vitamin C: 29.45mg (35.7%), Manganese: 0.5mg (25.06%), Selenium: 16.41µg (23.45%), Calcium: 182.56mg (18.26%), Phosphorus: 174.63mg (17.46%), Fiber: 4.01g (16.06%), Vitamin B2: 0.26mg (15.58%), Vitamin K: 12.1µg (11.52%), Vitamin A: 463.83IU (9.28%), Zinc: 1.36mg (9.06%), Folate: 33.83µg (8.46%), Vitamin B12: 0.41µg (6.76%), Potassium: 233.23mg (6.66%), Vitamin B5: 0.63mg (6.29%), Magnesium: 24.73mg (6.18%), Vitamin E: 0.9mg (6%), Iron: 1.07mg (5.97%), Vitamin B6: 0.12mg (5.8%), Copper: 0.1mg (4.99%), Vitamin B1: 0.05mg (3.35%), Vitamin D: 0.48µg (3.23%), Vitamin B3: 0.59mg (2.95%)